



Safe Ideas for a Parkinson's Home

Making a house easy to navigate for an individual with Parkinson's is very simple to do with some quick changes. View our room by room checklist for some fast ideas.

Kitchen

- Use self-closing cabinets and drawers.
- Lower counter spaces and work spaces so that cooking and kitchen tasks can be performed from a sitting position.
- Use a food processor for cutting and peeling vegetables and other hard to eat foods.
- Install nonskid rubber mats near sink and stove. Clean up spills immediately.

Bedroom

- Select loose clothing that is easy to take on and off. Velcro can be helpful.
- Make sure a firm chair is available to use when dressing and a footstool to use when putting on shoes.
- Avoid use of space heaters, electric blankets and other flammable fire hazards.
- Install a bed rail between the mattress and box spring.
- Use nightlights to keep the room from getting too dark and difficult to navigate at night.

Bathroom

- Have grab bars and handrails securely installed in the bathroom.
- Use a shower chair and a hand-held shower spray. Or use a tub transfer bench.
- Use only rubber or rubber back mats in the bathroom to keep it skid free and safe!

Whole House

- Make sure all rugs are anchored and smooth.
- Keep furniture in its usual place and make sure wide spaces are placed between furniture to make it easy to move around.
- Invest in touchable lamps or those that react to sound.

Contact us today for a free, confidential assessment of your loved one.

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